

**Supplementary Table 5.** Indices' mean for each part of the cycle. The four subjectivity-based samples identified in the phenomenological analysis are distinguished regarding boat level of description of the mechanical parameters.

	SSE-M (N=154)		SSE-D (N=15)		SSE-E (N=18)		SDE (N=17)	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
<b>The full cycle</b>								
Boat velocity (m.s <sup>-1</sup> )	3.38	0.17	3.41	0.06	3.41	0.06	3.39	0.05
Boat acceleration (m.s <sup>-2</sup> )	0.03	0.06	-0.002	0.07	0.01	0.04	0.01	0.05
<b>The Drive phase</b>								
Boat velocity (m.s <sup>-1</sup> )	2.85	0.20	2.88	0.10	2.87	0.08	2.89	0.11
Boat acceleration (m.s <sup>-2</sup> )	0.69	0.13	0.64	0.13	0.66	0.09	0.68	0.12
<b>First half of the Drive</b>								
Boat velocity (m.s <sup>-1</sup> )	2.38	0.21	2.43	0.06	2.42	0.06	2.39	0.06
Boat acceleration (m.s <sup>-2</sup> )	-0.53	0.39	-0.66	0.41	-0.63	0.43	-0.40	0.46
<b>Second half of the Drive</b>								
Boat velocity (m.s <sup>-1</sup> )	3.30	0.22	3.31	0.17	3.31	0.14	3.37	0.20
Boat acceleration (m.s <sup>-2</sup> )	1.90	0.35	1.93	0.42	1.93	0.38	1.76	0.45
<b>The Recovery phase</b>								
Boat velocity (m.s <sup>-1</sup> )	3.67	0.14	3.69	0.07	3.70	0.06	3.66	0.07
Boat acceleration (m.s <sup>-2</sup> )	-0.33	0.07	-0.34	0.05	-0.33	0.06	-0.36	0.05
<b>First half of the Recovery</b>								
Boat velocity (m.s <sup>-1</sup> )	3.79	0.15	3.83	0.09	3.82	0.08	3.79	0.07
Boat acceleration (m.s <sup>-2</sup> )	-0.14	0.04	-0.13	0.05	-0.15	0.04	-0.16	0.04
<b>Second half of the Recovery</b>								
Boat velocity (m.s <sup>-1</sup> )	3.55	0.13	3.56	0.07	3.58	0.07	3.53	0.08
Boat acceleration (m.s <sup>-2</sup> )	-0.50	0.12	-0.54	0.13	-0.50	0.11	-0.56	0.10